

Glossary

Aioli – mayonnaise

Hārore – wild bush mushroom

Horopito – Māori pepper

Kawakawa - Māori bush basil

Kinaki – condiments

Kumara – sweet potato

Pikopiko – fiddlehead fern

Rewana – sweet potato bread

Takakau – Māori soda bread

Taro – tuber ground vegetable

Toroii – pickled mussels

Charles Royal is an award winning New Zealand chef cooking with New Zealand indigenous herbs, spices and flavours. He brings his passion for his land, his people and his culture into his food, cooking from the land with natural ingredients.

Charles' creations go far past the traditional New Zealand Hangi (underground oven), with many of his ingredients now found on lots of a la carte and fine dining restaurant menus throughout New Zealand. What started as a way for Charles to bring the Maori influence back into the way he prepared kai (food) for his whanau (family) has evolved into him teaching his community and the wider country, so others learn about this forgotten piece of New Zealand history.

Charles is the owner/operator of Kinaki NZ and during November to March leads a unique Maori food tour. Visitors become hunters and gatherers as Charles leads them through forests and down to beaches sharing his knowledge of the land. The tour culminates in a meal exquisitely prepared by Charles using the gathered ingredients.

www.maorifood.com

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